

Natural Yeast Sandwich Bread

INGREDIENTS

1 cup bubbly starter
2 1/2 cups water
1 T oil
1 T honey
2 1/2 t salt
7 cups flour (may need 1/2 cup more or less flour depending on what type you use)

DOUGH PREPARATION

In a mixer with a dough hook, combine the first 5 ingredients and let mix for one minute until combined. Add flour a cup at a time until a ball begins to form and the sides of the bowl come clean. Knead for 10-15 minutes until the dough is soft and stretchy. It should be tacky but not sticky. Take the dough out of the mixing bowl.

CHOOSE ONE OF THE THREE BAKING OPTIONS

Option 1: Bake it the same day

Form the dough into 2 loaves and place in oiled bread pans. Cover and let rise somewhere warm for 2-6 hours. Bake at 375° for 35 minutes or until the internal temperature reaches 180-185°. Let cool for 5 minutes in the pan, remove and put on a cooling rack. If you would like, rub butter over the top. Let cool for an hour before slicing.

Option 2: Reduced gluten ferment

Put the dough in a bowl and cover. Make sure the bowl is big enough for the dough to expand. Leave on the counter for about 8-12 hours (making the dough at night and leaving it overnight works great). After that time, take the dough out of the bowl and knead 4-5 times. Form into 2 loaves and place in oiled bread pans. Cover and let rise somewhere warm for 2-6 hours. Bake at 375° for 35 minutes or until the internal temperature reaches 180-185°. Let cool for 5 minutes in the pan, remove and put on a cooling rack. If you would like, rub butter over the top. Let cool for an hour before slicing.

Option 3: Most reduced gluten long ferment

Put the dough in a bowl and cover. Make sure the bowl is big enough for the dough to expand. Refrigerate the dough for up to 72 hours. Take the bowl out at night and let it sit on the counter overnight. After that time, take the dough out of the bowl and knead 4-5 times. Form into 2 loaves and place in oiled bread pans. Cover and let rise somewhere warm for 2-6 hours. Bake at 375° for 35 minutes or until the internal temperature reaches 180-185°. Let cool for 5 minutes in the pan, remove and put on a cooling rack. If you would like, rub butter over the top. Let cool for an hour before slicing.

LEARN to make ~~gluten~~ Gluten Free Bread

Sourdough Bread – using white flour / wholegrain flours

The day or evening before making sourdough bread, feed your starter. I use 25 grams starter, 75 grams of water, 75 grams of flour by weight. Let rest until at least double in size.

Recipe for one loaf of bread

4 C.+ (500 g.) flour (bread flour is great, or ground whole grains)

Whole grain flour absorb more water. Also, it is best to sift the bran from whole grain flour, using a fine mesh sifter. Sift, then weigh or measure.

1 1/2 C. warm water (340 g.) (not tap water) for **white flour**. If using **whole grain flour**, you will need much more water... about 2 C. water (460 g.) for whole grain bread.

1/2 C.+ starter (120 g.)

2 t. salt dissolved in 2 T. warm water

1. Mix water and starter together and add most of the flour and mix into a shaggy ball either by hand or with a mixer using dough hook. Add the remainder of the flour as needed. Cover with a damp towel and let rest for 20 to 60 minutes. This is called the autolyse step. Then add salt dissolved in water and mix into dough.
2. Wet fingers slightly and do a stretch and fold every 20 minutes during the next 1 1/2 hours. Shape into ball and place in clean bowl, covered. This is the bulk fermentation step. Dough can be at room temperature for 3-4 hours on counter top **OR** in frig up to 36 hours or longer. The longer time in the frig results in a more tart taste and also a bread that is easier to digest.
3. After bulk fermentation, shape dough on lightly floured counter. Flatten the dough into a square and begin by gathering the corners into ball. Continue gathering into a ball and then let rest on counter, covered for 10 to 30 minutes. Then tighten ball by using rotating and pulling method. Place dough ball into floured basket or floured bowl and then cover. Let rise at room temp until dough springs back when lightly touched ... **OR** place in frig covered for 12-36 hours.
4. If dough has been in frig, take out so that it comes to room temperature (2 or more hours) before baking. Heat oven and dutch oven at 475° degrees for 30 to 60 minutes before baking. When ready to bake, gently turn dough onto parchment paper, slit with razor or knife and carefully place in dutch oven, lifting by parchment paper. (It helps to put unbaked dough in freezer 10 minutes before making the slit). Put lid on dutch oven and bake for 25 minutes. Take lid off, reduce heat to 425° and bake another 20 minutes. Remove from oven and dutch oven and let cool completely before slicing.

Sourdough Waffles

2 C. flour (white, wheat, kamut, brown rice)

2 T. coconut sugar or other sugar

2 C. milk – almond milk, cows milk, etc

1 C. sourdough yeast starter

1 t. salt

Mix together and let sit on counter overnight. Cover lightly

Next morning mix together

3 eggs, beaten

1/4 C. butter or coconut oil

1 t. soda

Mix both bowls together and bake in waffle iron. Our favorite is brown rice or kamut flour.

Recipe from *Just ingredients*

Sourdough Starter and Bread

To make sourdough starter you need only 2 ingredients, water, flour plus time

Water- filtered or spring water - not tap water

Flour – use half white flour and half whole grain or half rye flour. I like to mix this up in a container ready to go. Unbleached flour is best.

Time – it takes about a week to make a starter

Day 1 - Mix 1/2 C. flour and 1/4 C. warm water. Cover loosely at room temperature for 24 hours

Day 2 – Discard half of starter and add 1/2 C. flour and 1/4 C. water. Cover loosely and let rest at room temperature for 24 hours.

Day 3 - Same as day 2

Day 4 – Same – only feed 2 x a day, which means repeat every 12 hours

Day 5 – Same as day 4

Day 6 – Starter may be ready or it may need a couple more days. Try the starter by taking 1 part start, 2 parts water, and 2 parts flour by weight. See how it grows. It should double in size in 4 to 6 hours. Then test it by dropping a spoon full in a glass of water. If it floats, it is ready.

To prepare starter for baking, I usually use 1 part starter and 3 parts water and 3 parts flour by weight. This is referred to as a 1:3:3 ratio. That gives enough starter to begin baking your first loaf of sourdough bread with a little left. Do not use all your starter for a loaf of bread or you will need to begin this process over again. Leave at least 2 T. to use next time. You can use different ratios depending on how much starter you need. The more water and flour you feed it, the longer it will take for the starter to “consume” all the flour and water. Your starter needs to at least double in size before it is ready to use. It will grow faster in warmer weather. If not using every week, feed it a little and let it rise some before placing in frig.

This is what I calculate on my kitchen scale. You don't need a scale to make sourdough starter. (Did the pioneers have a scale?)

25 g. starter – about 2 T.

25 g. water - 2 T.

25 g. flour - 1/4 C. flour (part white, part whole grain or rye is best)

this is what is use to get ready for bread for 1 loaf. This is considered a 1:3:3 feeding. Let rise until more than double in size. If needing more start, increase your initial size and how much you feed it.

25 g. starter - about 2 T.

75 g. water – 1/3 C.

75 g. flour -3/4 C.

Store in frig when not using and feed regularly. Feed your starter weekly if not using.

Why Sourdough bread is so great. Sourdough breaks down the gluten, predigests the starches, and breaks down the phytic acid, making it easier to digest and a healthier bread. Sourdough has billions of good bacteria lactobacillus, which is great for your microbiome. It is full of prebiotics and probiotics. The lactic acid bacteria found in sourdough bread lowers the bread pH which helps digest phytates. Phytates are what lock the nutrients in a kernel to protect it from nature. So when those are digested, we are able to absorb the nutrients from the bread. Lactic acid present in sourdough bread has the ability to release antioxidants during sourdough fermentation. After 24 hours of fermentation, the gliadin (protein in gluten that causes gluten sensitivity) is reduced. After 72 hours of fermentation, the gluten is reduced by 97%. A longer fermentation results in a more tart bread. Sourdough fermentation breaks down the sugars and even changes the carb molecules. This reduces the bread's glycemic index and slows down the speed at which sugar enters the blood stream.

BASIC WHOLE WHEAT BREAD
PERFECT EVERY TIME
MADE FROM 100% FRESH GROUND WHOLE WHEAT FLOUR

IN BOSCH UNIVERSAL MIXER BOWL WITH DOUGH HOOK:

6 Cups Warm Water, Approx. 115°
2 Tbsp. Sea Salt
2/3 Cup Oil
2/3 Cup Honey
3 Tbsp. Dough Enhancer
2 Cups High Gluten Bread Flour Or 2/3 Cup Vital Wheat Gluten
6 To 8 Cups Fresh Ground Flour, TO BEGIN WITH
(This recipe uses altogether 14-16 cups of fresh ground flour
which is about 11-12 cups of un-ground whole grain)
3 Tbsp. Saf Instant Yeast

Preheat oven to 350. Add the first 7 ingredients to the Bosch bowl and use the momentary switch (m) to mix well. Add the yeast. Turn the machine to speed 2 and continue to add flour only until the dough begins to pull away from the sides of the bowl. When you can see the sides pull clean as well as the dough coming clean from the bottom of the bowl you know you have enough flour. (This is the additional flour you ground to begin with.) Do not add too much flour. The dough should be slightly sticky and does not come together at this point.

Knead on speed 2 for 6-8 minutes or until the gluten has been developed. If you feel your dough is too dry, simply add a few tablespoons of water to moisten. (Always pulling the sides clean) if dough starts sticking, simply add a little white flour to take up the moisture.

Oil your hands, remove dough from mixer onto a slightly oiled counter, divide your dough with a dough divider. Standard loaf is 1 lb. 14 oz for 8 ½ by 4 ½ pan, small loaf is 11.8 oz for 5 ½ by 3 pan. Med loaf is 1 lb. 8oz. Because we never measure our flour exactly, the number of loaves varies; it all depends on the weather and the climate outside.

Shape loaves, place in pans sprayed with Vegalene, never use oil. Turn your oven off. Put your loaves in the oven to rise leaving the door open a little bit. Set timer for 20 minutes and let rise until dough has risen double or approx. 2 inches above the rim of the pan. This will take from 20-30 minutes.

Shut the oven door, turn the oven on and bake at 350 or until the inside temp. is 200°. 25 minutes for small, 30 for medium and 35 for standard. An instant read thermometer is very useful in telling whether your bread is done or not. Test after baking time is complete by taking bread out of its pan and pushing the thermometer into bottom of loaf. If not 200 degrees, place back in pan and bake another few minutes.

Cool on cooking racks before putting into bread bags. The bread can be frozen up to 30 days without freezer burn.

MULTI-GRAIN AND SEED BREAD

In Bosch universal mixer bowl with dough hook:

6 Cups Warm Water, Approx. 115 °

2 Tbsp. Sea Salt

2/3 Cup Canola Oil

2/3 Cup Honey

3 Tbsp. Dough Enhancer

3 Cups High Gluten Bread Flour (Low Carb, Use 3/4 Cup Vital Wheat)

3 Tbsp. Saf Instant Yeast

4 Cups Fresh Ground Wheat Flour

2 Cups Fresh Ground Spelt Flour (1 1/2 Cups Unground)

2 Cups Fresh Ground Kamut Flour (1 1/2 Cups Unground)

(6 To 8 Cups Of Un-Ground Wheat Grain Will Make Enough Flour For This Recipe)

2 Cups Multi-Grain/Seed Mix, Unground

Or

1/2 Cup Nine Grain Cracked Cereal

1/2 Cup Sunflower Seeds

1/3 Cup Millet

1/3 Cup Flax Seed

1/3 Cup Sesame Seed

1/3 Cup Amaranth

Use the momentary switch (m) to mix well. Turn the machine to speed 2 and continue to add wheat flour only until the dough begins to pull away from the sides of the bowl. When you can see the sides pull clean as well as the dough coming clean from the bottom of the bowl you know you have enough flour. (Do not add too much flour) the dough should be very sticky and does not come together at this point, but the bowl is clean.

Knead on speed 2 for 8-10 minutes or until the gluten has been developed. If you feel your dough is too dry, simply add a few tablespoons of water to moisten. (Always pulling the sides clean) if dough starts sticking simply add a little white flour to take up the moisture. (Remember your Bosch has 800 watts of power and a reset button.)

Oil your hands, remove dough from mixer onto a slightly oiled counter, divide your dough with a dough divider into 4-5 large loaves depending on your pan size. (we like the 8 1/2 by 4 1/2" pan, and we usually get 5. However, because we never measure our flour exactly, sometimes we get 4, it will depend on the weather and the climate outside.

Shape loaves, and place in a well-greased or sprayed (nonstick spray) pan, never use oil. Cover with a dry towel and let rise until dough has risen double or approx. 2 inches above the rim of the pan. This will take from 30 to 60 minutes depending on the room temperature.

Bake in preheated oven at 350° for 30-35 minutes, or until the inside temp. is 200°. An instant read thermometer is very useful in telling whether your bread is done. Test after baking time is complete by taking bread out of its pan and pushing the thermometer into side or bottom of loaf. If not 200°, place back in pan and bake another few minutes. Cool on cooking racks before putting into bread bags. The bread can be frozen up to 30 days without freezer burn.

SPROUTED WHEAT BREAD

MAKES 2 LOAVES

3 Cups Warm Water
½ Cup Butter, Softened
1 ½ Tbsp Yeast
¾ Cup Honey
1 Tbsp Sea Salt
9 Cups Sprouted Wheat (DRIED! And ground into flour)

Add all ingredients in the Bosch with the dough hook. Knead for 5 minutes. Place in bread pans and allow to rise in a warm oven for 1 hour.

Bake at 350° for 30 minutes or until the internal temperature has reached 200°

SPROUTING WHEAT

To make sprouted wheat rinse the grains to remove foreign particles. Place 1 part grain in a covered dish with 2 parts water and soak for 12-36 hours.

Drain the liquid off the grains and rinse. Return the grain to the container, cover and let sprout at room temperature. You should see the beginning of a tail within 3-6 hours, if not rinse and drain again and wait for sprouts to show.

As soon as the little tails begin to show the grain is ready to use but you can soak for up to 36 hours. Immediately refrigerate the sprouted grains and store in the fridge until you are ready to use them.

DEHYDRATING SPROUTED WHEAT

Spread sprouted wheat onto dehydrating trays. Set temperature gauge to 148° and let dry for 10-12 hours. Only after the wheat has been dried can you run it through the mill!

BLENDER PANCAKES

Combine in blender the following and mix on high speed for 2 full minutes:

1 Cup Whole Grains (Wheat or Buckwheat, Etc.)

1 Cup Milk

Add:

1 cup milk and blend 2 more minutes

Add:

2 Eggs

1/3 Cup Canola Oil

1 Tsp. Salt

1 Tsp. Sweet Spice Blend

1 Tbsp. Honey (Or 1 Tbs Apple Juice Concentrate)

Blend well. Can store in refrigerator overnight.

Just before cooking, add:

1 tbs. Rumford baking powder.

Blend in gently with moment speed until mixed.